M 1430

2nd rough

Chardavogne Barn
Sat. Sunday.
July 13, 14, 1968
Lunch

ARCHIVE COPY
Must Remain in
Transcription Room

~~PART ONE~~ SATURDAY LUNCH

CAPS
~~Mr. Nyland:~~ MR. NYLAND:

So now, does everybody understand that the lettuce was all the lettuce was out of the garden? Where's David?

~~Someone:~~
~~[illegible]~~ He's not here now.

CAPS
~~Mr. Nyland~~: We're in a, in a special sign of marriages. Probably is contagious. We drink to Luc[illegible] and Andrew. It's one of the few beginnings of marriages in Work of two people who are in, so-called Work. And for that reason you can add something special. Not just a good life on Earth, but the utilization of such a life for a different kind of a purpose, even if marriages might be made in Heaven, maybe, they may be continued.

TOAST

A few things I still want to say because Who are the Los Angeles people who came? Where are they? You and you. You know it is a little interest to me and it depends a great deal on who told you probably. I have to explain that the Barn has certain regulations and that I would have liked to know in advance. All I found out, that suddenly a car drove up Los Angeles who, I don't know. Then I come here today, I couldn't be here early this morning, your tent is up. You asked, I know, but the question is, I would like to know about it. It depends maybe on Frank Ripley. That maybe that the idea is created there is the Barn, it's very nice, you just go and see it and come and so forth, everybody is welcome. It is not that. It's a different thing. Sometimes work is necessary to be arranged with different people and for that I still want to hold on to the possibility of regulating. As soon as the Barn as a whole,

IN 1950

that is a group who comes, can stand on their own feet, I will be very happy to withdraw. But for the time being, while we are still organising, there are certain things that have to be attended to which become a rule. And a rule can be dispensed with when something substantial exists among the people who are then at the Barn maintaining a level. So again I repeat, anyone who wishes to come to the Barn please let me know first. Don't just come, don't do or tell your friends to come. It's quite all right if they wish to come. And most cases, of course, I will always say yes because I don't want to have any restrictions. And people are earnestly wanting to come for a definite purpose and they understand that purpose so that it is not considered a little picnic. It is Work we're interested in and for that reason we have this edifice and we have this table. For that reason we sit and talk and we eat together, in order to derive from each other something that can be helpful for your own development.

The emphasis is constantly on Work on oneself, of trying to wake up as often as you possibly can. And the opportunities that are here of course are a little bit more concentrated than you would have in ordinary life and for that reason you have a very definite responsibility because if you then are in contact with it, the responsibility is in accordance with the concentration of that kind of an effort which exists. When you understand that and your conscience is clear, you also know that then you are quite welcome. On that basis no one will ever be denied the possibility of being here when the attitude is correct and when they can add for the others whatever they bring and if they then can receive what other may be what else there may be brought by someone else for them. And that is why I talk once in awhile in order and I have to laugh at that because it seems to me

I talk all the time, in order to remind you and this time I will promise you I make it very short.

Last night I said a few things ~~which~~ that are, I think, quite fundamental to Work. And perhaps you could listen to it individually. It is not the same as being there on a Friday evening. There is an atmosphere that is created which is a little unusual and it is a very good thing if one could partake in that because that will help your memory to establish something that you will not so easily forget. When you listen to a tape and you have not been there, it is rather difficult to imagine how it was and particularly since you do not see what goes on and a little bit of music in-between is something that is helpful for those who were there. I said certain things about Work. About what takes place in one and what is really a result of a motivation and how the motivation furnishes the energy of an emotional kind and then, all of a sudden, one drops this particular wish and uses the energy for the purpose of waking up without determining what Heaven looks like. So, if you want to listen to it, you can tonight. Those who stay perhaps can get together. I would advise you to do it. But, otherwise, if you have no time, you have other business to attend to, it's quite alright.

We are here to do physical work and we have started on a new kind of a project which will leave a little room for me to be able to get away from all of you. You know how I mean it. Every once in a while it is necessary that I'm hard to get. It is good for you because you will think twice before you will bother me and I will profit because I will not all the time have to spend energy in listening. I would prefer to be the judge of what I think I ought to do. I do not all the time wish to react to your demands. I say it that way without hurting anyone, I hope. You have to understand this as

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something that belongs, in a general way, to the level of Work. And you have to respect, not only me. You have to respect every person who Works. In their way they wish to Work and in their way they have to solve the problems that they face and it is different for different people; and you must try to understand what are the problems for others before you even can understand how to work with them. And maybe in that kind of a search you will find out what it is that bothers you and what are the different obstacles that are in your way — how to overcome them and all the time this aim: where are we as a group in search of a state of being aware or awake or then ~~kin~~ being able to describe what is needed and then, based on that, to be sure that we're going in the right direction.

I hope this afternoon will help you in that way — physically engaged; unity in that which you do; all three centers in one, if you possibly can; seriously trying to make attempts to be present to yourself working. And to see if that could be acceptable to you without criticizing yourself. Just to see yourself as a little machine working from the standpoint of that what you create as an 'I', looking at you, benevolently looking, benevolently interested. Almost as if the 'I', if it exists, can say, "Ah, that's the way that little machine is working. That is the way it is when it is unconscious. That is the state of unconsciousness. That is how manifestations take place as a result of the little thoughts and the little feelings." As if such 'I' has an attitude of being far away and being able to be objective because it is not bound. And, at the same time, of such tremendous interest in that what is taking place as a human being. Then that human being, having in it a wish to find out and to try to continue to create the 'I' for itself. As if one wishes the 'I', quite selfishly, to exist for the purpose of becoming a guide in your life.

And so, as you work, and you dig, and you hammer, and you saw, and you talk together ~~x~~ about Work or rather, not too much gossip. When you clean, not too much considerations. Just you attend to what you have to do. Very simple. Not that you have to make a dead level. It has to be very much alive in what you're doing. And when you're doing it, you are there and you probably can notice when someone else is there and it might help you at such a time honestly to wish to wake up to yourself. Many times I say: "For what else would you work? Just to have a little bit of fun or to have an enjoyment or to spend some money or, so-called, have a rest of your ordinary life because you're entitled to a vacation?" What is there as far as your Soul is concerned? What is there as far as your real essence? Of that what determines what you are and that what, I hope, you can take with you when you die?

So, I hope you will have a good afternoon and I promise I won't say anymore.

~~PART TWO~~ SAT ~~[illegible]~~???

(All sorts of talk going on regarding the fact that the tape had been started in the middle, back and forth between Mr. Nyland and people before he addresses the group directly as a whole.)

Well, I want to say a few things. It becomes difficult when there ~~x~~ are new people that you have to repeat the rules that we every once in a while lay down. Exactly the same way as when you have new people come to a group. It is practically impossible to repeat all the time what Work is. So, when some people come we should print, John, we should print a little booklet, "Rules of the Game" (or so) indicating when people can come, what they should do if they wish to come, when they can go home, simply that kind maybe, huh? Advice for them — The Barn Laws.

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hard about that. But you know, I have also a house and it does really require, every once in a while, attention. And very seldom that I even ask people to come and help me and most of the time I have to do it at the time that it's convenient for me. And it's not a question that I'm professionally engaged during the week because I am, same way as you are, I have a task during the week the same way as everybody else. So I have to take it out of that kind of a time and you'll have to do the same thing. Now, if professionally you cannot get away and you have to spend the time during the week on that, that you only have Saturday and Sunday, then you all owe it to the Barn, also, the same way and I say even more so than what you owe to your house. Your house has to suffer a little bit. The progress and the finishing up has to be a little slower and then I say because the reason why you're here is the Barn and not because you happen to have or want to have a house in the country. So, let's put the emphasis where it belongs.

And then there's people bringing others. Again there is misunderstanding, I said a little while- I said a little bit about it at lunch. Every once in a while there are friends, of course, of people who come to small groups and then naturally it's up to the leader of that group to tell me about it. I will have the final say about who can come. And it's not that they cannot come unfortunately. Then I hear that they cannot come and I say, "Who... who cannot come unfortunately?" And it's very fortunate they didn't come. Well, whatever the stories are, you understand now the principle. Please let's be a little bit decent about it. This is still ...I still call it, for tax purposes, a 'private house' and I invite you people here and you come and you work with me for a very definate reason. For that is the set-up. That is the way it is looked at maybe, I hope, in Warwick. But in any event, I will have to know whowants to come. who cannot come so that I can count.

I also have certain work that sometimes I may like to have done and by certain people and people who have already been engaged in it and then I count on them that they will come here again and all of a sudden they're not here! And again what will I do? Postpone such things — it isn't right. Let's work together on it so that you can understand also the other person's xxx viewpoint. And when you do that, I'm sure, it will be quite easy.

But, you see that is all I have to say. Now you have no coffee. There is no more....comaraderie. Now when I stop you have to go. You see there is no coziness about this.

(Inaudible talk back and forth about water).

Mr. Nyland: So, Barry what happened? No...no electricity? Is that it? No Juice.

Barry: (Barry's answer inaudible)

Mr. Nyland: I see, I see. Well, it's a necessity.

Answer: Inaudible)

Mr. Nyland: So, all right. That is too bad. We shall have coffee later.

Mary: How will we wash the cups?

Mr. Nyland: Ah, ask Mary. Barry, how will we wash the cups ?

Mary or ?: (Inaudible).

Mr. Nyland: Peter, the piano tuned:

Peter: Yes.

Mr. Nyland: We'll go upstairs and listen to.....(runs off)

PART THREE

Mr. Nyland: It would be nice if we could have a meal without me talking. That you don't have to have any expectation and no disturbances. That's why I will ask now to different people who are in charge of certain activities just to report on it briefly. So, it will give me a little rest, it will make a change, and then it's up

to you to utilize whatever there is said for yourself.

See to what extent you can understand people when they talk about Work or activities: In the first place where it comes from and what can you agree with; what strikes a note in you; and how can you use it.

It has to be understood that you have to use a variety of different opportunities and you must not get stale in just listening to one or two. A person should have a multiplicity of all kind of things that will remind him: many knots in his sock or in his handkerchief.

So, Robert please tell what happened with your activities today.

Robert Burnett: There are about fifteen people working on the site for the new house. It's rather difficult because the...the straight lines for the stone wall and all the rest of the details are not entirely worked out. Sox between the fifteen people the conclusion for what next has to be arrived at. So far, very sucessfully and the being a part of that project has been very useful for me. The project has had a certain pace to it and a certain togetherness to it on the part of all the people involved. I find that very helpful. There's a great deal of work to do and it's very hard. There may be sometimes people lifting things too big or working a little bit too hard. but generally the atmosphere is very conducive and very good from my point of view.

This afternoon the actual work of the project will be the same. We can use the same people if they're interested. And we'll do pretty much the same thing for the afternoon.

Mr. Nyland: John, tell us something about cards. You have a whole crew. It all belongs together. Transcriptions, cards with information, keeping track of tapes, distribution to different other places, regulations of the little tapes that we have here for our own small groups, all the different things that come up in connection with

it, an index system for subjects, résumés of cards, different ways of indicating that we have transcriptions of certain things and not of others, and how to go about augmenting that particular kind of activity. So John, tell a little bit about it. What is involved in it because most of you, I'm quite sure, have no idea of what we're trying to do.

John: Primarily it's a question of making sure that every tape which exists has a card and trying to trace some...some tapes which are missing for which there is a card existing. And trying to indicate where the tape is because there are different cabinets which indicates some of them which eventually will go to Holland, some to a lending library cabinet, others for a circuit. And the information from all of those white cards has to be also put on a red card which is a kind of a master check, master list. And we have several people working on different parts of it. Also, there is the same thing with a music card. Making sure that every tape...music tape not there has a card so that we know where the tape goes and what happens to it. Then there is, as you said, before, transcriptions, résumés, all of this trying to put together so as to know exactly where we stand. We have five or six people working at it. I think it's going very well and we should by the end of the day have all of the cards with the information as it should be.

Mr. Nyland: Can I put a few more cards on the table John?

John: Oh, yes sir.

Mr. Nyland: Because that's what we are dealing in and everything of this kind has a little subtle sales pitch. Because, you see, we are still short on those who are willing to make résumés. Not only that you have to be careful returning tapes and not just leaving them somewhere and that there are many sins against committed against that. But gradually, I think, there will be more responsibility and also we will have to eliminate any possibility of theft or negligence.

And, so far, we've had trouble with it and one of the reasons I haven't started any library, for instance, is because I'm not sure that the books are not taken. I have suspicions about that. But aside from this fact, we want to have as much information as we can gather out of the different aspects in the application of Work in daily life. And every once in awhile when we have a meeting and discuss a certain subject, it might be worthwhile later on to refer to it. And particularly since we here as a little central place operate also for other groups in other places, so that they can profit by what we do and they in turn will help us, so that we can profit by what they do.

Let me just say for a few moments, because here we are in New York, and Boston is close by and we work together on a variety of different things. So that whenever we make tapes there is going to be a copy of such a meeting directly sent to Boston. In addition to that, we send one tape, also a copy, that is why we make three or four for every meeting practically, goes to Seattle. From Seattle it goes down to Berkeley after they have copied it for their own files. When it comes to Berkeley, it is copied there also for--to be kept in the file of San Francisco. And then it is returned here. Our distribution from here, besides these vocal points--focal points, are on what we call a 'circuit' which includes at the present time places like Albuquerque, Osceola, Madison, Dallas, Pittsburgh and every once in a while a few additional ones. The cities on the West Coast are organized from San Francisco. And they distribute tapes from there because Berkeley has a good copying apparatus. In addition to Boston making a copy for themselves, they make an extra copy for us which is used for the circuit. Whenever Berkeley makes copies, we get an extra copy which goes to Holland and, as you know, Holland is gradually becoming a distributing center for

certain activities on the continent which I think will expand in the next couple of years. Then we have the tapes that are returned to us and which we call originals which will form an original library which will be kept here at the Barn and will never be lent out. It will be used for copying if necessary and sometimes for transcriptions. But we draw from certain other tapes which are duplicates or which have been made as a duplicate or a copy for those who wanted to listen to it, so that that becomes a lending library. And there are several tapes in there that also become, you might say, a little bit more than we need and out of that, for instance, we have selected some tapes which go to Albuquerque or Santa Fe with Tom and Julie Harris when they go there for the sake of trying to centralize some activities there in New Mexico for the group in Albuquerque and perhaps gradually could draw in some other places in the surrounding. They will start also a certain center of information. So that then we will have, I hope, an information center here in New York in the East Coast, one on the West coast situated in both Berkeley or San Francisco and Seattle, and the third one will be for the mid-center which will be headed up by Albuquerque. I hope also that later on there will be opportunities for institutions like this Barn here. We should have one on the West Coast. I think ultimately we should have one in the center of the country somewhere.

These are all little plans you might say like painting on the blue sky. But it is quite necessary to have a certain perspective and that is why I mention to you that there are lots of things that take place without your knowledge. And that much of this still has to be organized and there is a great deal of help needed for those who actually want to spend some energy in trying to help us in accordance with certain rules we are trying to lay down and to work with us on that.

For instance, résumés. We used to have a little system that after every meeting someone would make a résumé either of what they remembered or during the meeting. There also was a rule that whenever anyone borrowed a tape that the requirement was to return it with a résumé. A résumé simply indicated the kind of subjects that are discussed with a reference to the place in the tape, beginning, end, center, middle or whatever it may be in a very general way and it is, of course, quite short. There is really no need of going into detail because if you want to hear it you can listen to the tape and, if it is really important, we can make a transcription and you can read it. But it is needed for subject references and particularly when people who are a little bit more interested, being away from New York, and still wanting to know what we are discussing or where certain things can be found, that then when they write for information; where can I find ABC? What is the subject about Marriage? How do you discuss Impartiality? What is there for us to know as far as the possibility of a future is concerned? What place does Work have in ordinary life that we can use? And xxxxx can you give us some references to certain tapes or meetings where it has been discussed? To that will be added information that we are now sending out(2) as answers to their tapes and their meeting which every once in a while will contain quite definately certain suggestions. And also that, you might say, has not been touched as yet because its rather difficult to collect the data and also to organize so that we can get them to the proper place for future reference. There's a great deal of that kind of administrative work that has to be done and those who really feel that they can help, let them simply say so and we will try to assign it in the best way possible.

You have to be very patient about this. The organization for this kind of thing is—is very sensitive. You may not be able to

do it or you may not be able to understand it. You may not know what is needed and sometimes we don't know what is needed. And even if we do know, we may not know how to go about it. You have to be patiently, almost, waiting or having an attitude towards it that if there is an opportunity that you then will want to join in that kind of an effort. That's why I say it has a little bit of a sales pitch with it.

What other projects were there this morning Robert?

John: Excuse me Mr. Nyland. I think we should ~~[illegible]~~ we need the help and cooperation of everyone not to take any tapes out of any cabinets without (repeat: ~~cooperation of everyone not to take any tapes out of any cabinets without~~) either Jean, Greg or myself because this is where all the confusion comes.

Mr. Nyland: Well, we have now locked cabinets and they have a lock that nobody knows. Nobody has a key. The key could be lost. But this has a dial system. A special code starting out with the letter G and ending with F.

Alright, practice makes perfect. You will be in perfectly good condition when you have intention of taking hold of a tape and you find the door locked. That will be the best punishment.

Robert, what else is there that went on this morning?

Robert: Paul Stegman started to clear an area for the children and he will probably need considerable help for that. Maybe the help of some of the mothers and some men who want to help to clear the land, pile up the stone wall a little bit in the shade of some trees, put in some posts for perhaps a fence.

Mr. Nyland: Doesn't that belong to grading-kind of?

Robert: No.

Mr. Nyland: And wasn't Don Wehn interested in that? Where are you Don?

Don: Here.

~~Mr. Ny~~

Mr. Nyland: Yea. I think that ought to be done in connection with grounds and so forth in a general...you see, it belongs there. [Robert: okay] lawns there!

What kind of projects are that women are interested in? Not only the kitchen and the discussions about that but certain activities like curtains. Like finishing furniture, having in mind, for instance, living here. Even if it's on a temporary basis. I asked yesterday Mike to look at it. Why don't the women get together and do something of that kind? Why don't you look at this as a house that you have to furnish. Come up with ideas that belong to you why don't we start weaving Why don't we make carpets? Why don't we do something that is typically a woman's affair? Not only the cooking and the cleaning up. But something that really could engage you as a group. We've done it before. We've made a quilt - you remember We've made a few other things together — A rug at a time up in 165. There were a group of people getting together for that purpose and I think it is worthwhile if you do that here and use this place for that kind of a center of activities. Try to think about it among yourselves and see what is really that could belong to you as a woman's group. And that you could discuss certain things without getting into each others' hair.

We will have Movements. Peter, where are you? Five-thirty? Will that be early or too late? When is Boston going back?

Answer: After movements.

Mr. Nyland: After. Fine. Then we can set the movements at 10 o'clock.

I would like you...Do we have coffee? [answer: yes] We haven't even drunk, have we? To our Work this afternoon.

(TOAST)

SUNDAY LUNCH?

PART FOUR

Mr. Nyland: I do not know if you like this arrangement, the U shape of the table. For me it has a great many disadvantages because I cannot see the faces of the different people and although I under-

stand that if you utilize the center part of the table you can get more people in, but I think it is far better to have a a large table just extending as far as it has to go. Even if I don't see your face, at least I will see your general posture. And that is enough for me to recognize you. I would like to see people as they are. As they are at the table. And when you have trouble of seeing me, probably I have trouble in seeing you. And it is not only those who sit on the outside because they cannot see, I cannot see them because of those who sit on the inside. And when you have to watdh me then you turn towards me and you it's awkward. So, we'll try it _____(?)_____. It's just a test I don't think we'll do it again next time. From now on we will eat always upstairs until the cold drives us away. So also Saturday we'll meet here. The Kitchen will remain kitchen.

Let me correct one thing about children. Children are allowed in the kitchen when they have to be fed. It will be a very good intermezzo for them, particularly when the Barn is hot. And we're trying now, with thanks to Steve, I think that a bathing arrangment might work out or someplace where they can be. Children have to be taken care of. I agree on that basis but you know, the Barn is not primarily for children. So, every once in a while you have to make up your mind about it. You have children, you have a responsibility. It may for the time being eliminate that you can do something else for yourself. After all, having children requires a very definate attitude towards that what is your responsibility. And that maybe that that at certain times interferes with that what you selfishly would want when you want to evolve. And you have to make up your mind and that is your Conscience when it is applied. And whichever way it is, that is your descision. The emphasis of Work here is for grown-ups. Those who have already friction in life.

Those who have problems to solve and would like to solve by means of getting something that will give them a certain solidity. Children cannot be expected to have that, of course. But the emphasis has to be such that those who wish to work like that should not be interfered with too much and sometimes the children_____(tape cuts off)_____.

This is another little intermezzo. Being dependent on the engineering facilities and in the meantime one can lose one's thread of talk.

SPACE

I would like you as you sit here now to relax. I would like you to make an attempt to do what you otherwise would do when I say ten or fifteen minutes. Try now and start. So that gradually you will make your body and whatever the condition of your mind and your feelings are. Reduce them to a lower equilibrium a small level, a very simple level, just existing, and probably breathing. I hope you continue with that. And not to do too much and not allow too many thoughts in your mind and to have feelings that, if you can, go over into a direction of an emotional quality of a real wish. Again the emphasis on what is my life worth and why do I want to continue to live. So that the solution can be found in yourself. Sometimes, maybe very difficult because you do not know how to confront the different influences that affect you. And you may not know exactly what direction you want to go because it is not so simple to live a little bit deeper than the surface. But when you reduce every activity of your personality to a minimum and that then there is that personality with all the organs functioning normally but at a low level, you will have a chance that they become much easier harmonious and that out of that harmony will come a desire. A very definite direction of doing one thing and not everything at the same time.

If you sit like this, you sip your coffee and you really as a

group feel that you belong together and that we are here for that ~~we~~ for that purpose, I will play a little bit. It may help you to unite. I do not know about these things. Many times and I don't want to impose on you. And that, therefore, if you don't want it that way, of course, you can go.

Opportunities are given for you to take. If you don't want to take them, of course, there (they) are no opportunities. But no harm and no bad feelings because you have a Conscience of your own and you wish to follow that conscience because that's the only way you will find your truth and that what gives you the reason for wishing to continue to live this life on earth.

If you have Armagnac left, drink a little.

PART FIVE

Mr. Nyland: I can't talk until I do this and then what will I say, uh? Because this is not very informal. It is again like a ~~a~~ little meeting.

Mr. NYLAND: what will we do about it Peter?
Peter: Maybe we should serve beer instead of coffee.
Peter: serve beer (literally?)
Mr. Nyland: Yah, Yah. Let me see. What ~~what~~ should I say about general behavior? I'm trying to find how I can scold you. What was wrong, what still ought to be improved, ~~then~~ so that ultimately we become almost ideal.

Oh, there is somewhere a misunderstanding. Did I mention that already? About food? Did I mention it? No? ~~On~~, and it should be mentioned, shouldn't it. Yea. We had trouble this morning, of course. People were hungry last night and there was nothing left that Julie needed for today? so we had to go out and get some special. Now, I think it ought to be understood quite well. We furnish lunch for Saturday and also for Sunday, for which you pay. You pay more than the lunch is worth. That goes in the general fund. Those who stay overnight, they are on their own. And preferably they don't

use up what may have been left because that may have to be used for the next day.

I also would like to mention that there is a frigidaire there that is all my own. And I would like you to...to stay away from it. Because nothing is more terrible than when I get here during the week and I remember that I had a 7-UP somewhere (laughter) and I go to get it and it's gone. Particularly, when I'm thirsty, I look forward to it. I postpone it a little bit in order to have a (more laughter).....So I know next time I will go there first. (?)

Shane: Mr. Nyland? MR. NYLAND: Yeh

Shane: On account of this misunderstanding. In getting food for breakfast.... (?)

Mr. Nyland: Yes. It's a misunderstanding. We have to settle that question and pay ~~hi~~ her.

Shane: I think there were about 20 people ~~[illegible]~~ who might be affected

Mr. Nyland: For this time it's on the house. In the future it is on everybody. Alright?

I think that when you plan to come here and stay overnight that you prepare for ~~no~~ you bring your own things or you go and buy ~~in~~ you go out to town and eat there or prepare something for the next morning. It is your affair. I don't want to take the responsibility. It becomes much too complicated and I think it's utterly silly. If you want to engage Shane to do some breakfast, you have a cook and you have to pay him. So maybe you won't...you'll be out of business.

How did Work go today? Whenever I ask that kind of a question... yea? Let's hear it. Have you....

Clai: Um, I've had a question about for quite a few weeks now about working in the garden or doing any kind of strenuous labor. Sometimes sitting at a meeting I get very uncomfortable and it's hard to even listen and the question I always come up with is how far...I always feel guilty and I push myself towards more and more work out in the

garden and I try as hard as I can to kind of float away from my body, but I can't work when I do that and I'm wondering what I should do.

Mr. Nyland: What wants to float away?

Clai: I feel...there's a laziness...like I'd rather just sit down and lie around all day. ~~(Laughter)~~?

Mr. Nyland: I think it's a very noble pursuit. I would do it. ~~Fear~~ Yah! Hide behind the bushes though. But if that is a real impulse I think it would be very interesting to to see where it will lead. I think after one hour of indulging in laziness you probably will feel a little awkward. And it might even cure you; because then you have to say, "Why did I come here? In order to be lazy or to show other people that I can be very well lazy? I know how to do it!" I think next time you consider coming to the Barn you say no, or if you say yes you know you have to do something else. I think it's quite alright. Why feel guilty? A lot of people feel lazy.

Clai: But when you 're pushing your body?

Mr. Nyland: I don't know. Apparently you don't.

Clai: Oh, I do.

Mr. Nyland: You do. For what reason?

Clai: Because I feel that that's what I ~~should~~ have to do.

CAPS Mr. Nyland: How do you push your body?

Clai: Well, when I'm very tired and I ~~want to~~ whenever stop, I feel I should keep going and that I shouldn't be ~~lazy~~ like I-- 45 minutes lazy at all. Yet, I can't work.

....

CAPS Mr. Nyland: Does that have anything to do with Work as we define it?

Clai: No, but then you always speak about not being lazy.

CAPS Mr. Nyland: ~~Yes~~ that's right. I say many things besides that.

What is the most important thing now, let's say, of what I've said?

Clai: Right now?

CAPS Mr. Nyland: No, in genral, today.

Clai: To Work.

Mr. Nyland: Work. Do you know how?

Clai: Yes.

Mr. Nyland: Do you do that by pushing yourself?

Clai: No.

Mr. Nyland: Why do you?

If the purpose is to Work or to find out how to Work, why do you do things then that are not in line with it? If you admit yourself it is silly to push yourself. It doesn't get you anywhere. Simply (will effect..?) to get over the laziness. Not being lazy naturally is associated with something else. That means, regarding Work one should not be lazy. But I mean Work in our sense of the word. And you learn to teach your body not to be lazy by establishing something in your mind that afterwards could actually be helpful when certain other things have to be done by the mind in the sense of Work on yourself.

Get all kind of foolish nonsense out of your system. You want to Work in the garden and you find yourself in the garden. Every once in awhile you happen to think of Work and you then remember that it is a question of becoming observant or, at least, aware of yourself; so that you know that you exist and you are doing some work in the garden. And you sit or you bend over or you are on your knee, whatever it may do may may be, and you find that you happen to think about Work. Then what do you do?

Clai: Try to observe myself.

Mr. Nyland: Okay. And that you continue to do. And if you get tired, sit down and rest. Don't push yourself. If you still think that you don't want to work in the garden and want to be lazy, go and be lazy first. Get it over with. Then when you come to the garden you know that you cannot be lazy anymore.

Everything is really so simple. I find myself in ordinary life

the way I am and I sometimes don't like it. And I think I ought to do something about it and I say I ought to Work on myself. And whatever that motivation may now be may be, very clear or not so clear, I want to do it and I say I wish to Work. So, I try to wake up. And all it means is that something in me records the fact that I exist, and records it in such a way that it becomes more truthful for me when it can be recorded without any partiality, and when it can be recorded at the moment when it happens. And that I say is the simplicity of Work. And you apply it in the garden, you apply it when you walk towards it, you apply it when you pick up a tool, when you put it away, when you wash yourself, whatever you do during the day! If the thought or the feeling happens to come to you that perhaps this is a good moment to try to Work, you try to Work. Don't force anything, not yet.

Clai: But during meetings when you find yourself drifting away....

Mr. Nyland: Just drift away. What else? It's no good to try to Work.

Clai: But you try to listen?

Mr. Nyland: Yah, so, you do as much as you can. Keep your ears open.

It all depends on the interest. But sometimes the interest may be pretty pretty big interest and still you may be very, very tired.

Do you think that when I was listening to Orage that I wouldn't have trouble falling asleep?

Clai: No.

Mr. Nyland: Many times. I was working very hard and I was in a very unfortunate position. I had to collect money at the door. And as they came in I collected the money, I sat there on a chair and the whole audience was right there. And I sat there during the

evening while Orage was there and talking. And I had a terrible time, every once in a while, not to fall asleep. And the greatest difficulty is that when I actually did fall asleep and I woke up, to indicate that I was not asleep at all.

I think it's common occurance. A person who honestly is working and is interested either at an office or having to go through traffic or working in the garden or not having slept so well, will at a certain time be affected by the general physical condition. And then there is no particular reason why you should push yourself. Maybe for ordinary life it might be useful, that certain things have to be done. But as far as Work is concerned, it is absolutely useless. The little 'I' is not grown up enough even to counteract any kind of an effect of real tiredness. And it will take quite some time before that 'I' is sufficiently grown that it can say, 'Here I am, never mind your lazy body. Don't fall asleep.' And then maybe there is a chance. But don't do it in the beginning. You get frustrated and you think you are not working. And, as a matter of fact, you are not but you ascribe it to yourself. It's a condition that will not allow you. Select conditions where there's a chance at least you know. I call it simplicity of conditions in which you are when you actually want to like you sit now. Now you can be aware, at least you can make an attempt. Even when you listen you can say, "Here is this body listening." And somehow or other you can be aware of yourself being there. And you help it a little bit by some small movements every once in a while, without being noticed by anyone else and you say my fist and and close my hands and move it like this. This way I keep a very small activity going. And that helps me because my mind then has something, you might say, to observe that is busy in a very small way. It doesn't require much energy but at least it is dynamic so

there is a process of a certain form of life going on. And with this particular desire for observation, I latch on to that what is dynamically now in action. But very simple because if it is too much, I beomex involved in it and the xx energy goes in that direction.

Energy is always divided at a certain point when there is a wish that I want to wake up. Then I have a choice. And I see myself with energy or capacity. And I know that certain things have to go in one direction because I have to be maintained in life. And I also can say, "But we have also interest in becoming esoteric. And for that now I want to try to make an attempt to wake up". So energy goes into that as a wish and I divide it. And if that what is needed for ordinary life requires too much energy, there's very little left for the esoteric knowledge. And sometimes when the desire for becoming Conscious is so great, no energy goes into my ordinary movements and I stand still.

Of course, these things do happen. You find a certain medium how to do it the best under what conditions which are conducive. And then you honestly try, at that time and never mind the rest of the time that you cannot do it or that you feel under pressure or that someone else tells you, you ought to do it. It's your affair. It's the only way you can build up your conscience because it has to be built on that what is your own experience— Not the experience of someone else. (Your next day at) the garden maybe? (?)

I remember once telling Orage that when he came to the house in Brewster. I said, "How beautiful the house would be if I had been Conscious". And he said, "Oh no Willem, not at all. The house would be the same but you would be" different(?). So it's a question of the utilization of the garden for your purpose. And whatever there is in you that you discover and that you can say, "This is useful and

that is not useful." That you must learn. Do and eliminate that what you don't wish.

Any other questions like that? Practical, simple things. Because we don't have many times a chance. What we should do really in the midst of such things when you are hammering away, that you then somehow or other call to yourself, "Here I am. What am I doing now with this hammer? I find myself with it". Again the purpose has to be clear. What do I want it...to do it for? And stop yourself in your activity. Stand still then, come to yourself, then go on maybe very slowly. But at least that there is a chance that somehow or other that what you call your 'I' can remain in existence. And is not bowled over by all the other different things in which you are so completely immersed.

Try to get it clear that 'I' is separated from that which is your personality. And whatever takes place in the personality, Work or not Work, all the time continues. There is no stoppage of such physiological energy requirements. But the little 'I' is something you create next to it, separated from it but connected very subtly.

You remember the neighbor which has to establish a certain place in a community, in a suburbia and is considered an enemy? You remember how long it takes before such a person establishes himself. Same way as the Barn in Warwick has to establish itself and it will only do it by behavior in a correct way so that out of the curiosity maybe sometimes comes envy on the part of the Warwick people. The rest of the brain should become envious of that what is this intruder starting to do, building a little telescope. And sometimes they come and hang over the fence and become a little friendly and want to find out, "What are you doing?"

"Oh, I'm collecting facts.".

"Oh, really. What for?"

"Well, that would take a long time to explain it. But come

over some time and then you can look through the telescope also. You can if you want to."

Whatever it is that you make up as a story for yourself to try to understand what goes on in the brain or the parts of the brain that want to become Conscious and then start to function. And then after sometime, the rest of the brain will invite this intruder in their home. Because after all, he is not only a good man but he is a man with common sense and he is also liked because he keeps to himself and he is busy. Busy observing. And so, the people in the neighborhood ask him to come in and have a cup of coffee with them and in the meantime the new newcomer starts to talk about what is his busi- And maybe he affects them. He infests, he makes it communicable to them. He gives them that actually starts such neighbors to find out why is that man doing that and why is it that he wants to use that telescope. For what purpose? Isn't the rest of the world that there is sufficient? Why should I have a telescope with which he observes something at a distance?

There are many questions in the brain which will not immediately be able to answer why one wants to become observant. But it is separate from the ordinary brain. And it is separate from ordinary existence. It is parallel, it remains in contact of a certain kind and it hopes to grow by the food which the personality furnishes. To build something that a personality on its own cannot do. And when it then collects enough of that kind of food approaching the possibility of Objectivity, making it as well, as beautiful and as pure as the mind as a whole or as the feeling as a whole can make it, hoping then that it will be the kind of food that is suitable for the fulfillment of the purpose of "I". Then there is a good relation. And something is established between the neighbors. And

pretty soon it could even become a community because then there is an exchange. The 'I' may need some salt and maybe the neighbors need a little bit of the substance of 'I'.

So Peter, we have to go up don't we? Huh?

Lou: Mr. Nyland?

Mr. Nyland: ~~Yes?~~ Yah?

Lou: I think we should say something about the water...

Mr. Nyland: Oh, the water!

We're not in New York City as you know and the water supply is limited to the well and we're already pumping up a little bit of earth. It means the water is very low. When there is no rain you can expect it. So from now on no more water unless it is absolutely necessary. Washing dishes is done in a basin, not by letting the water run. Possibly no bath unless you have to. No watering of flowers outside. It's better you have a few wilted flowers instead of a well which is empty. Try to be careful about it because you are, many times you think you are somewhere else. We're here in the country and the country has special rules.

Anything else we have to say?

Question: I would like to ask if there's anyone who does not have a ride back to the city?

Mr. Nyland: We're going to solve this transportation problem. I've asked John to look at it from his standpoint to see what we can do to improve it. ~~We are~~ we'll try to see what arrangements we can make during the week and tell you about it on Tuesday or whenever we see each other because it is a little bit in decadence and it cannot continue this way. There were 3 cars this morning and no takers at the Index and it is ridiculous. And there are many...you cannot help it because it is not everybody's business but John is here who's more familiar with it and he will take care of it and if necessary and

if possible, train or help someone to take over because I don't think that John ought to continue with it. But there is an enormous amount of material among us and I hope there is also an equivalent amount of desire.

So, we have movements upstairs.

PART SIX

_____(some talk tgat us bit recirded)_____on the time when you have to Work. So let's understand each other.

If you wish coffee, I have no objection to have coffee at 4:30. And then we work till 4:30, we'll have coffee downstairs, at 5:00 o'clock there'll be movements. Those who continue to want to work can do that. Those who have to go home or want to go home can leave then at that time. But not too much fuss in saying goodbye, goodbye, goodbye, 10 minutes later still saying goodbye. When you go, go. Take all your things and get out.

Movements here, at the proper time. So that we can be honest about the expenditure of our energy and time. It sounds again regulated regimented.(?) I assure you it is not regimented(?) and only for a little while. Until something is in you and that will be your inherent wish to do things in the right way.

How long it will be before we really have something that can stand on it's own feet. That even with a little bit of help, that it can continue to be fed. That perhaps at times will be smoldering. At times will can...will become a good fire. But that it is there. I've compared it many times to a pilot light which is within you and is kept burning like the eternal light in front of an altar which can never be blown out. It should always remain eternal. How to start it, how to feed it, how to maintain it, how to cherish it, how to look at it, how to admire it, how to make it part of you, how to be burned by it, how to be purified in the end.

A good afternoon.

PART SEVEN

Mr. Nyland: I hate sometimes to regulate your life. It's the honest truth when I say I wish I could leave it alone. And I mean by that it would be happier for me if I ... actually could leave it. To some extent I'm under a rule too. I'm compelled. And that means an effect on you when you come around where I am. To what extent you can use it and to what extent it will effect you, in the right way or in the wrong way or in the way that you don't know how to take it, that I cannot help because I cannot change myself. I can say that I hate to affect you adversely. And at the same time I am what I am and you are what you are and then the problem is, what can you be and my problem is what can I be. We're all in the same kind of condition where there is constantly an influence from one on the other. And to the extent that you can take and take and digest, to that extent you will profit. To the extent you take and it clutters you up, to that extent you have to suffer. And to the extent that you're not open, all the different things will pass by and you will remain the same as always and always. And you will, at the end of your life, be ready to repeat the same thing. I hope you don't wish that. And then maybe the submission to the possibility of further growth, at least you can give it a chance. And if you try, I hope it will find something in the end regardless of how difficult it may be.

END

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